



2026 CAMP KWASIND FAMILY HANDBOOK

Camp Kwasind

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WHAT IS THE FAMILY HANDBOOK?

We understand that sending your child to camp is a big decision. For 80 years, we have been entrusted by parents to take care of their kids and foster their social, physical, and spiritual growth in an atmosphere of fun, safety, acceptance, and care. This handbook is intended to help parents learn about and become comfortable with Camp Kwasind. We have compiled tons of camp procedure information into one convenient booklet. It is all about you, your kids, and your comfort. Our goal is to make sure you are confident in Camp Kwasind's ability to care for and nurture your child.

If you would like more information after reading this booklet, or if you would just like to talk to a real person at Camp Kwasind, feel free to contact us:

Office 905-294-6360 Email: register@kwasind.com

WHO WE ARE

Camp Kwasind exists to provide a **high quality, creative, safe, and memorable experience** through meaningful relationships that helps all campers **move one step closer to Jesus**, while they are developing in confidence, character, and leadership.

We have existed since 1944, are owned and operated by the Canadian Baptists of Ontario & Quebec (CBOQ), and led by a full-time team (Matt Wilkinson – *Executive Director*, Rod Vis – *Director of Operations*, Ally Baggley– *Office Manager*, Emily Neal– *Communication and Leadership Program Specialist*, Will Kahler – *Facilities & Site Manager*, Nathan Craig- *Year-Round Ministry and Guest Services Manager*, Abi Martin- *Summer Camp Program Manager*) along with a 55+ staff summer team. We seek to be a **Champion** for the importance of kids getting a high-quality Christian camping experience, a **Catalyst** for developing young leaders and a **Bridge** connecting the next generation with the grace and love found in Jesus.

In addition to our mission and vision, it is our goal that your child has the best time of their summer at camp, that it be a place to try new activities, foster friendships, explore faith, and have a ton of fun, all while enjoying the natural environment of camp property with a beautiful private waterfront in a secluded & safe bay.

While we love seeing campers move closer to Jesus, it is important to note that year over year we see that 35% of campers do not attend church, some from different faiths, others from different Christian denominations – all of which we take into consideration in our planning of the summer. No camper will be forced into making any decision at camp. We try our best to ensure that no one will feel that their choices or their family's choices are less than others; instead, we teach what we believe with a focus on the major unifying beliefs of the Christian faith and seek to show the campers the love and grace that Jesus has for them.

ACCREDITATION

Camp Kwasind is a member in good standing of the Ontario Camping Association, Christian Camping International and the Life Saving Society. We are assessed annually by the Simcoe Muskoka Public Health department. We also engage multiple licensing and accreditation agencies, consultants, partners, and vendors as related to our equipment, food services, emergency procedures and staff training.

INVESTMENT INTO CAMPERS

We are all about campers and in all that we do, we have designed camp to maximize the camper's experience. We have creatively designed every aspect of our programming to respond to the wide variety of campers and their interests, ages, and abilities. All of these considerations create a customized experience for each Kwasind Camper. We value relationship and community building within our cabins, which helps our Cabin Leaders identify their campers' developmental needs and challenge them in their growth.

INVESTMENT INTO STAFF

Our staff receive detailed and specific training to meet the diverse behavioural, spiritual and activity needs of our campers. The sole purpose of the Cabin Leader is to build relationships with campers and foster their holistic growth. Cabin Leaders emphasize the importance of teamwork, safety and respect and build a strong culture of inclusion throughout the week. To accomplish these goals effectively, they are on duty and with their groups the entire time they are at camp. Our staff to camper ratio is 1:3. All staff receive special in-depth training to facilitate activities for children, all required government training, additional week of camp skill development and either the basic medical training by our health care specialist or Standard CPR/First Aid certification to ensure high level of safety around camp.

IMPLEMENTATION OF THE S.O.D.O I.T. EH!

To ensure a high quality and consistently meaningful experience for all campers, we have equipped our staff on how to live out our 6 Pillars as we shape Camp Kwasind:

- S: Service at Every Opportunity
- O: Over and Above Experiences
- D: Due Diligence (attention to detail)
- O: Outright Christ focused
- I: Innovation (permission to be creative)
- T: Teamwork
- Eh: it is our Canadian way of saying that we "Encourage Honestly"

SAFETY

We have a detailed safety procedures manual and a risk management manual for all camp elements. We also have a detailed child protection and anti-abuse policy & procedure which can be made available to you at your request that ensures all staff have appropriate police check, interviews, and training in appropriate interaction with campers and how to safeguard against any forms of abuse.

IN CASE OF AN EMERGENCY

All staff are trained in our Emergency Action Plan, which covers scenarios like severe weather, fire, missing person, and medical emergencies. The focus is on accounting for and protecting campers in these situations. Our lead staff are connected via radio. Our Health Care Team is trained to respond to emergencies 24/7. Many of our staff have CPR/First Aid certification. The Bracebridge or Huntsville Hospital are only 25 minutes away if further medical assistance is necessary.

Each week there is a drill with campers, so they know what to do in case of a missing person or fire. Staff also regularly monitor weather radar and have plans for how we adapt programs in cases of severe weather to ensure they are in a safe place.

HEALTH

Camp Kwasind has a fully equipped Health Centre onsite which each week has a Registered Nurse living onsite to support our campers and staff. Our healthcare coordinator is a Registered Nurse from a recognized hospital for kids and gives overall direction to our health management. Our nurse can distribute regular medications before breakfast, in the evening or as requested. Campers are encouraged to visit the health centre (Club Med) if they are not feeling well or need something checked.

Among the many medical protocols and procedures, we have a full concussion policy which will have any camper or staff member who has any head injury be assessed by the RN and then taken into the local hospital for further assessment.

You will not hear from the Camp's medical team while your child is at camp. However, there are a few situations when one of our directors may need to contact you regarding a medical concern. We believe that you, as a parent, should be called if your child stays for more than 24hrs in the health centre, if there is concern about an infectious disease, or if there is a need for a hospital visit. There are many issues our medical team deals with at camp that do not require a call home, such as minor cuts, scrapes, minor colds, and short-term illness. But when a call is needed, you can be assured that you will be contacted.

Our medical team will not and does not give any vaccinations. They also will not move ahead with allowing major medical procedures without first trying to get your consent. We will do our best to reach you if there is a serious medical situation or hospital visit. Only in the serious/life threatening event that we cannot reach you after multiple attempts, in which a doctor or RN makes the determination we must go ahead with a certain medication or medical procedure, will we need to proceed in the best interest of your child.

BEHAVIOURAL MANAGEMENT

There is an entire behavioural intervention plan that is designed to keep all campers safe, give direction on how to avoid behavioural problems, offer practical tools to staff on how to manage campers' behavioural issues and a plan for how to respond to behavioural incidents on an escalating basis.

All staff are trained in our behaviour management and anti-bullying policy. We partner with the camper to produce a solution that works for everyone, grace is given, and consequences are enforced, if necessary.

It is our goal to provide a positive experience for all our campers. As such, we believe part of this is creating a safe environment-- physically, mentally, emotionally, and spiritually--for the campers to interact in. This means Camp Kwasind has behavioural expectations for campers and staff that allow us to function safely and fairly as a camp community. To facilitate this, we have a "four-level" policy that applies to both campers and staff.

The First Level is simply to talk to the camper about the concerns relating to their behaviour or actions; the camper is pulled aside by their cabin leader and there is a very caring conversation about change in behaviour. In most cases, minor problems can be solved by this talk, and the issue in question will not come up again. At the Second Level, if things persist, the Cabin Leader Coordinator and Head of Logistics will be fully engaged to help at this level and letting families know through email. If the situation or behaviour continues, a camper is placed on the Third Level which involves the Director of Operations or Summer Camp Program Manager who will have a talk with the child regarding the recurring problem. If a third level is reached, the camper's parents will be contacted and informed of the problem the camper is creating asking for advice.

In the case of the Fourth Level, if the camper's behavioural difficulties, disturbance of other campers or refusal to cooperate with leader reached a point where our staff cannot manage it appropriately in the camp setting, then the Executive Director or Director of Operations will be involved. If a camper reaches the fourth level, the parents are contacted and will likely be asked to come pick the camper up, though we also hope to create a restorative means that would see the camper return either later in the summer or in future years depending on the situation.

There are certain conditions or situations that might escalate from a level 1 directly to level 3 or 4 – though these would be for incredibly unique situations in which issues of physical harm, use of weapon, racist or hate-filled behaviour/language was demonstrated or actions that constitute harassment.

Camp Kwasind's detailed *Behaviour Intervention Plan* is found at:



[Behaviour Management Policy](#)

STAFFING

HIRING PROCESS

We have located the most amazing and caring staff for your child! We strive to find staff members who are spiritually, mentally, and emotionally mature to ensure that your child is in good hands and hearts. Each staff member has been personally interviewed, reference checked, and police background checked before they join our summer staff team.

SELECTION

We have a rigorous staff selection process that leads us to the best people. Our application, interview and reference check process covers where applicants are in their spiritual walk, maturity of faith, knowledge of how to build relationships with the kids, experience working with kids, and overall competencies for the job.

STAFF TRAINING

Our staff and volunteers are trained in camper care and community building, safety protocols, child protection & anti-abuse, spiritual foundations, customer service, and first aid awareness.

- **Camper Care and Community Building** - focuses on camper behaviour management, group dynamics, how to deal with bullying, how to help with homesickness, and making sure that every camper gets individual attention. Staff are taught to recognize that every camper learns differently and has his/her own set of needs. Our staff are equipped with tools to help build relationships between their campers throughout the week.
- **Safety Protocols** - covers our Crisis Management Plans for scenarios like severe weather, fire, missing camper, medical emergencies, and unauthorized personnel on-site. Also includes trainings focused on Sexual Harassment, Workplace Violence & Harassment, WHMIS, AODA, and Workplace Health & Safety.
- **Child Protection & Anti-Abuse** - focuses on two aspects of child protection: prevention and how to report suspected abuse. Prevention of abuse at camp includes what is and is not appropriate interaction between staff and camper.
- **Spiritual Foundations** - Cabin Leaders are trained to identify where each child is spiritually and will meet them where they are while challenging them to grow. All staff are trained on how to effectively share the Gospel and Good News with campers of every age. We also train the staff to have effective discussions and what to talk about or what is off limits and should be left to the parents.
- **Customer Service** - teaches staff how to address and greet children and parents, providing an exceptional camp experience for every guest. We train our staff to "make our campers' camp dreams come true".
- **First Aid Awareness** – Key staff and our medical team have their Standard First Aid with CPR. We also address typical camp ailments like bee stings, stomach aches, and how to respond to bed-wetting in a discreet way. We also cover how to work with camp medical staff for daily medications and any additional situations that may arise.

Additionally, staff are instructed on Camp Kwasind/CBOQ beliefs: who we are, why we teach what we teach, and how to share their spiritual journey in an appropriate way, and how to remain sensitive to other denominations' beliefs and those without a Christian faith background. Nearly 75% of our staff have been to Camp Kwasind before; many campers in previous years, many as part of our leadership programs, and many more as returning staff.

All-Staff Training Week is our pre-camp training for staff so that they can brush up on their cabin leading and teaching skills. It also ensures that everyone is working towards the same goals of supporting every child as a valued member of their cabin, and that they have a successful week at camp. Activity staff receive training specific to their activity area with an emphasis on safety, proper use of equipment, engaging all campers and effective debriefs. In some high-risk areas, certification by industry associations is required.

CAMPER CODE OF CONDUCT

We want Camp Kwasind to be a fun and safe environment for everyone. To help us achieve this, it is important that both you and your camper read and understand the Camper Code of Conduct and agree to the following rules:

- I will show respect to other campers and treat them as well as I would like to be treated.
- I will show respect to staff and cooperate with their instructions.
- I will be sensitive to the needs of others and not discriminate based on age, race, gender, ethnicity, body type or religion.
- I will not verbally abuse others by using inappropriate language, gossip, threats, teasing, exclusion, or harassment. Furthermore, I will avoid any conversations or use of language that are overtly sexual, sexual referencing or violent in nature.
- I will always listen to my cabin leaders and other staff and respect their privacy and personal space.
- I will not deliberately cause bodily harm or engage in any form of sexual activity/interactions with other campers or staff. I understand that kicking, punching, biting, hitting, fighting, kissing, uninvited or inappropriate touching, and sexual interactions are not acceptable forms of behaviour and will not be tolerated in a camp setting.
- I will follow all the rules that camp staff share with me.
- I will respect the property of other campers and staff and not be touching others' property without permission.
- I will be a positive contributor to and participant in all Camp programs and activities.
- I understand that any form of tobacco product, controlled substance, illegal substance, cannabis, or alcoholic beverage is strictly forbidden at Camp.
- I understand and agree that Kwasind seeks to be a personal "screen-free or limited-screen" environment as much as possible, which would include avoiding use of devices for playing games, watching shows, uploading/downloading data, calling or for texting.
 - There might be appropriate times to be able to use a smartphone or digital device – however, they are to be given to the director and will be given out for use at appropriate/necessary times and on my return home.
- I understand that these rules and guidelines are for the safety and the protection of myself and all campers and staff

REGISTRATION

HOW TO REGISTER

You can access our online registration at www.kwasind.com. Registration goes live in early November.

REQUEST A CABINMATE

We do our best to honour all cabin mate requests. We ask that any cabinmate requested is within one year of the age of your child – our cabins are set up to have up to a one-year age span- and that you make at maximum- 2 requests. We do our best to prioritize these requests when putting together the cabin groups as we know this is particularly important to our campers and their parents. On the day of your arrival during the check in process, you can double check if we were able to have their friend(s) as their cabinmate(s).

ELECTIVE SELECTION

During the registration process, your camper(s) will be able to pick three elective options. On the day of check-in, campers will be able to see the selections they made and at that time have the chance to change them if there is space available in an elective that they would like to change into. Then from the 3 they choose; they will have 2 which they will do each morning of the week.

ACCESSING CAMPERSHIP FUND

It is our philosophy that no camper should be refused access to camp because of the financial circumstances of their family, and we endeavor to honour each request. We do, however, ask for as much financial participation as possible from the family. Requests for Campership Fund can be made by requesting the Campership Fund application from register@kwasind.com

Please complete the application form and then submit. We will contact you regarding your acceptance.

STAYOVER & LAUNDRY

For campers registered in two consecutive sessions, we offer a special stayover program between sessions (Saturday afternoon to Sunday afternoon).

This optional program allows campers to remain at camp for the weekend for an additional fee. Camp staff lead a fun and engaging stayover experience designed specifically for this group, providing a smooth and enjoyable transition between sessions.

Campers attending two consecutive sessions may also opt into our laundry service for an additional fee. This service allows clothing to be washed over the weekend, so campers can start their next session fresh and ready to go.

CANCELLATION POLICY

PRIOR TO ARRIVAL AT CAMP

- Cancellations made before May 1, 2026, will receive a full refund minus the non-refundable deposit of \$100.00 per camper/ per week
- Cancellations made between May 1st and 2 weeks prior to the start of camp will receive a full refund of summer camp fees & transportation fees if applicable less the \$100.00 deposit and a \$25/week administrative fee.
- Cancellations made with less than 2 weeks prior to the start of camp will not receive a refund (includes camp fees and transportation fees if applicable), unless there is a medical reason with support from a doctor, in which case you will receive a full refund minus a \$25/week administrative fee.

DURING CAMP

If we ask the camper to go home due to illness or injury, we will give credit for next year's camp based on how many days they have been at camp or see if there is room in another camper week in the same summer. If the camper and/or parents decide to go/take the camper home, there is no refund or credit. There is no refund/credit for homesickness or discipline reasons that has a camper go home.

ILLNESS POLICY

Due to the concern of transmitting communicable diseases to other campers or staff, we are asking parents if their child is ill with a fever, vomiting, or diarrhea that they do not attend camp until they have been symptom-free for at least 48 hours. If your child develops any of these symptoms while at camp, parents will be contacted, and they will be sent home until symptoms clear up. We will make every effort to move your child to a different week or refund your fees, according to our refund policy, if they are unable to attend camp due to illness. Therefore, we encourage you to not send your child to camp while ill for the safety of other campers and staff.

INFECTIOUS DISEASE OUTBREAK SITUATIONS

If Camp Kwasind is required to close due to an infectious disease outbreak determined by Public Health, all families will receive a 100% no-hassle full refund of all summer camp fees.

ARRIVAL/DEPARTURE AT CAMP

REVIEW 2026 PREP FOR CAMP KWASIND CHECK LIST

We have provided to all registered camp families a “PREP FOR CAMP KWASIND” checklist in your registration email and will be sent out 2 weeks before your arrival.

PRIOR TO YOUR ARRIVAL

Health Check

We ask that all campers are free of any infectious disease and symptoms. We also request that parents do a check for lice, if campers are found to have lice they will need to be picked up and be treated for 24hrs before returning to camp. Campers are to limit their exposure (i.e., reduce the chances of becoming infected by limiting contact with individuals outside their immediate household) to the greatest extent possible 14 days (about 2 weeks) prior to arrival at camp.

Medical Form Updates

If any health situations or information has changed for your child since you have submitted the camper’s medical form, please contact register@kwasind.com to send the latest medical information.

HOW ARRIVAL AT CAMP WORKS

Arrival by Car – Check in procedure

On arrival day, check-in begins at 1pm and goes on till 3pm. We have designed this process to be a welcoming, quick, and efficient process.

- When you arrive you will be greeted by our Program Director who will confirm that everyone in the car is feeling healthy and ready for camp.
- You will then drive around to our lower parking lot where you will be greeted by one of our GAME CHANGERS (Summer Staff), who will help you take your luggage to the basketball court area where you will be able to go through the check-in process.
- **Check-In Process**
 - **Stage 1:** See our Office Manager to confirm cabin mates, tuck account, and any other logistical details like who is doing pick up.
 - **Stage 2:** See Head of Logistics to confirm your 3 elective choices. Campers will need 3 elective choices, of which they will do 2 during their week at camp. If they would like to change from the ones they picked during the online registration, they can do that at this station.
 - **Stage 3:** See Registered Nurse – if there are any concerns you as parents have, any medication to hand over or if the Nurse would like to see your camper, then you will go through this line to meet with the Nurse
- **Head to Cabin**
 - One of the Kwasind staff will take you and your child to the cabin and help you with your luggage.
 - You will meet one of your children’s cabin leaders upon arrival at the cabin where they will then be supervised by that leader after you help your camper get settled in their cabin.
- **Explore Camp**
 - Supervision of your child will happen in the cabin as they get a get a chance to meet their cabin mates as they arrive

- If you or your child would like to explore camp, you are welcome to explore camp at your leisure. Once you leave camp your child can remain under direct supervision at their cabin or be able to join in generally supervised areas including the basketball court, and other designated areas.
 - If you are a first-time family to Kwasind, you will have received a first-time camper package during check in that will have a map of camp so that you can explore at your own leisure with the included walking tour.
 - You are also welcome to walk around camp and explore, however, we ask that you do not go into any other cabins and that you do leave in a timely fashion to make space in the parking area for other families who are arriving.
 - At 3pm all campers will begin their Swim Checks as a cabin group down at the waterfront.
- **Let the Fun Begin!!**
 - PARENTS AND GUARDIANS, ENJOY YOUR WEEK! - While your campers are here at camp, we will make sure that all their needs are met, and they are having FUN making lots of friends! Please take full advantage of this opportunity and enjoy YOUR time as well. Enjoy your week!

Arrival by Bus – Check in procedure

- Please have your child to the Bus at CBOQ -Kwasind Toronto Office(5 International Blvd, Toronto, ON) by **12:00 pm** as we seek to leave by **12:30 pm**.
- You will need to check in with the bus monitor and ensure that there is a copy of the camper's health card on file, that account is paid up, that tuck money has been deposited through the online process and that you have confirmed who will be picking the child up.

DEPARTURE FROM CAMP

Picking up From Camp

- If you are picking up your child, it will begin at **10 am** and all campers need to be picked up by **11 am**
- When you arrive, you will be directed where to park and then you will be able to meet you child at their cabin and you will need to sign them out in front of the Tuck Shop where they will get their camp picture.
- If someone different is picking them up than has dropped them off, that needs to be noted during arrival process.

Picking up From Bus

- For those with campers on the bus, it should be leaving camp by 10am and arriving at CBOQ- Kwasind Toronto Office (5 International Blvd, Toronto, ON) by **12:00 pm**
 - Please be sure to check your emails, as this is how we will give you any updates if the bus is delayed or if there are any changes.

Tuck Refunds

Any money remaining on your child's Tuck Account will be refunded back to the credit card on file on the final night of camp.

MAP OF CAMP KWASIND



WHAT YOU NEED TO KNOW ABOUT CAMP KWASIND

ACCOMMODATIONS FOR CAMPERS

Cabin groups are comprised of campers of the same assigned sex who are close in age. Cabin groups may have between 6-14 campers in each cabin, with 1-2 cabin leaders staying in the cabin. Campers sleep in bunk beds. There is no designated storage area for their personal belongings, so we recommend that they have their luggage stored under their bed and a small bag to hold their personal items and toiletries. Cabin leaders are in the same room as campers so that they are immediately available for any camper's needs. Each cabin is a little different – some have been renovated while others have a more rustic Muskoka feel – but they all are enclosed spaces, with electricity, lighting, windows, and fans.

ALLERGIES & SPECIALTY DIETS

All allergies and special dietary needs should have been completed on your original online application / medical form. Any changes or new developments after you submitted the form should be sent to the Camp Office Manager by emailing register@kwasind.com as soon as possible (no later than one week before arrival). If our kitchen team has questions about the allergies/dietary restrictions, someone will call you prior to your arrival day. In some cases, you may be asked to provide supplementary food items. We are delighted that GB Catering, a leader in this field, continues to be running our Camp Kwasind Kitchen this summer. If your child requires an EpiPen, they must bring two non-expired EpiPens to camp (one to be kept with them and one for the Health Centre)

BIRTHDAYS AT CAMP KWASIND

If your child is celebrating his/her birthday while at camp, our team is happy to help make it a special one! If you wish to leave a card or gift from home, we can arrange delivery for you – Please leave the package with our office staff during Check-In on Arrival Day. On the exterior of the package, please clearly write your camper's name and birthday. Please Note: we ask that you please respect our Care Package information (see below) and “Nut Safe” policy, and please omit ALL food, candy, gum, or snack items from all care packages and/or birthday presents.

BUNK1 Bunk Notes (Email Campers & See Photos)

Back by popular demand, we are offering parents the convenience of emailing their camper(s). This service provided through a company called Bunk1, allows parents the opportunity to purchase an email plan to send their camper(s) emails. All e-mails are downloaded, printed, and distributed with the camper mail the next day.

Also, through Bunk1, but free to all parents, are the online photo galleries. To access the galleries, follow the instructions on the Bunk1 information Sheet and refer to the pre-approved CODE sent to you in the follow-up email. Be sure to include all fields as this is a secure gallery and we approve and/or deny access to any individual trying to view the pictures. Pictures will be periodically updated throughout the week.

As you can appreciate, we do our best to make sure that every camper smiles for the camera! If you do not see your camper(s) in the galleries or they are captured looking good but not great, please be patient, as our photographer are always taking cabin shots, activities, and individual pictures, and we are confident that your camper will be online and looking awesome in no time!

To access this program, you will need to set up an account at www.bunk1.com using the KWASIND CODE you will get in an email about Bunk1.

CABIN ASSIGNMENT

Cabin assignments are completed in the days just before campers arrive, and we consider the request for cabinmates. We recognize the fact that some campers are coming to camp to be with friends. We also value that camp is about making new friends! We want to set up each camper for success and prevent cliques and feeling exclusion from a group. The time and effort that goes into making up cabin groups is significant, and factors considered are requests, age, grade, sex, time of enrollment, and camper's wellbeing. Please trust us to do our job in creating the best cabin groups possible for all campers.

CALL TO AND FROM CAMP

If you call and our message service is on, please do not panic. While camp is in session, we are very busy making sure your kids are having too much fun. Please leave a detailed message in the general mailbox to ensure your call is promptly addressed and we will return your call as quickly as possible. In an EMERGENCY SITUATION, please contact our Director of Operations, Rod Vis on his cell (647-871-6597)

There is a director and admin team on site throughout the summer, and messages are checked regularly throughout the day. We do make every effort to respond to calls within a reasonable time frame. We ask for your patience and understanding as we prioritize return calls to families based on urgency. Rest assured; we will return your call as soon as we are able. Please do not be alarmed if you receive a call from Camp Kwasind while your camper is here. Sometimes there are administrative details that need clarification. Our staff will always leave a detailed message. If there is an emergency, we do make every effort to reach parents at their contact numbers as soon as the situation permits, and if parents cannot be reached, we then attempt to connect with the alternate emergency contacts you provided on your online application.

CARE PACKAGES

For one or two weeks away at camp, we discourage parents sending or leaving care packages. However, for longer stays, if you choose to leave or send a Care Package, please ensure they include things such as stuffed toys, books, magazines, cards, or games, which are ideal care package contents. PLEASE DO NOT SEND OR BRING OUTSIDE FOOD, CANDY, GUM, OR SNACKS. We take great precautions to ensure we provide our campers with a healthy, nut safe environment and we cannot do it without everyone's support. Campers are not allowed to store food in their cabins or tents so please do not include such items in care packages. Improperly stored food can attract unwelcome visitors, such as flies, ants and raccoons and large animals. Clean accommodation is essential. Extra snacks are not necessary.

CAMERAS

We encourage campers to take pictures while they are here to share with family and friends when they return home! We highly recommend you label disposable cameras or digital cameras with camper's full name (first and last). Cameras cannot be used in cabins, bathrooms or change areas and will be confiscated if found to be using in such areas. Phones, iPods, or other multi-purpose devices that have cameras built in, that have gaming, Wi-Fi or cellular network capability are not permitted.

CASH

Please do not send your camper with cash, as it is not needed.

CELL PHONES & HANDHELD ELECTRONIC DEVICES

Electronic devices are NOT PERMITTED by campers at camp. Camp is a social environment for children to socially interact and not isolate themselves. Please note this policy applies to all devices. We want all campers to enjoy their time at Camp Kwasind, unplugged. Any devices found will be stored in the main office and returned at the end of the session. Camp Kwasind cannot accept any responsibility for lost, stolen, or broken electronic devices.

CLUB MED (Health Centre)

Club Med is Camp Kwasind's Health Centre and is home-base to our caring medical team. Staffed by a Registered Nurse, Club Med is open throughout the day to dispense medication, administer first aid, perform minor medical procedures, and maintain the overall health and wellness of our camp community. Club Med is well equipped to tend to our campers' needs 24 hours a day, 7 days a week throughout the summer. To further support our Healthcare needs Camp Kwasind has an approximate 20-minute emergency response time from EMS and is just a 25-minute drive from South Muskoka Memorial Hospital in Bracebridge. Families will meet our Club Med Team on Arrival Day.

CURFEW

Bedtime at Camp Kwasind varies depending on age group and evening programming but is between 9:00 and 10:30pm. Campers are not permitted to leave their cabins after curfew. Any camper found outside of their cabin after curfew except for purposes of going the washroom or as a pre-planned part of program, may be subject to disciplinary action.

DIETARY NEEDS

We offer a wide variety of well-balanced meals which vary according to age groups. We usually have fruit or vegetables with meals and as part of the evening snack. If your child has special dietary needs/food allergies just tell us ahead of time, and we will be sure to tell our kitchen staff. We are a busy summer camp and do have our limitations but will do our best to make things work. In some cases, we may need to ask that you bring food to help us meet your child's needs.

Camp Kwasind endeavors to provide a safe camping experience for any children who have nut allergies and therefore have a Nut Sensitive policy. No nut products are served from the Kitchen or sold in our Tuck Shop, and we ask that no campers bring any of their own food/snacks to camp to avoid any exposure to peanuts or tree nuts on site. Still, we suggest that caution is used for parents registering campers with extreme/life threatening nut allergies.

DRESS CODE

At Camp Kwasind we want everyone to be comfortable, safe and have clothing that is practical for being at camp.

Clothing should reflect the demands of the outdoors. Be sure to keep your camper's most expensive or treasured clothing at home. Despite all our best efforts, items get lost. Campers will be active and involved in programs where the quality of the experience is more important than fashion, and damaged or stained clothing may occur.

If a camper's clothing is offensive or making others uncomfortable, he/she may be asked to change (at the discretion of our Director). Please refer to the dress code below.

- Shoulders and heads are to be covered during the day to avoid sun exposure.
- Slogans or Images on clothing need to avoid divisive, derogatory, hate-filled, sexual, or critical messaging
- Light coloured, loose-fitting clothing is best for insect protection.
- Swimsuits should be practical for activity.
- Closed-toed shoes and socks are required - runners are acceptable.
- Shorts should be of an appropriate length and should be modest.

EMAIL TO CAMPERS (SEE NOTE: BUNK1)

We offer families the opportunity to email their campers through the Bunk1 program. Emails are distributed once daily with the regular mail at lunch hour, and campers DO NOT have the opportunity to respond to emails – this is a One-way service. Emails for campers can ONLY be sent through our BUNK1 program. Emails received before 10:00 am are delivered the same day at lunch. Emails received after 10:00 am are delivered the following day.

Visit www.bunk1.com to set up your account and use the CODE you receive in a separate email leading up to your child's week at camp.

HEAD LICE “NO NIT” POLICY

As part of our “No Nit” policy, we recommend all families to take their campers to the Doctor prior to coming to camp, for a general health checkup and to check for head lice. Every camper will be screened for lice upon arrival as part of the Swim Check process. Because of the potential for head lice to spread in a communal setting like a camp, we want to take proactive steps to avoid an outbreak.

If a camper is found to have head lice, our staff will hold the camper in supervised isolation, notify the Director, and the parents will be contacted with the following two options:

1. Parents may choose to have Camp Kwasind or a designated 3rd party service treat the camper at the family's expense. The cost of this service can vary depending on severity, plus applicable taxes. (If Kwasind is unable to arrange for this support, then parents will need to pick their child up).
2. Parents may choose to take their child home to treat the lice themselves. We suggest using a chemical lice treatment and manually removing the eggs and nits by using a special nit comb.

Campers will only be admitted back to Camp Kwasind after the head is completely free of nits and/or lice. In some cases, if too much time has passed, campers will not be permitted to return to camp and an alternate camp

session will be arranged, based upon availability. In the case of campers who arrive via Bus have lice, the parent or guardian will be contacted immediately.

HOMESICKNESS

Some of the goals of the summer camp experience are to foster a child's sense of independence, to teach each camper to learn to live happily while away from home, to make friends, and to have FUN in a new setting. We need parent and camper cooperation to achieve these goals.

Children of any age may experience homesickness regardless of whether they have ever been away from home before. When homesickness occurs, the child may sometimes describe the situation dramatically, which is often distorted. The child may seem to take on a physical illness, making it difficult for parents to deal with. Parents should understand that children are not homesick 24 hours a day, but that they tend to have bouts of missing home, often during downtime, or at night.

To set your camper up for success, in conversations leading up to camp we recommend you always be positive about camp with your camper. Focus on all the FUN and new FRIENDS they will meet at Camp. We recommend avoid asking them questions like "do you think you'll be homesick?" or "are you going to miss me?" as these are seeds of homesickness being planted. Instead, we encourage you to focus on conversations like "I heard they have great food!" "I'm so excited for you!" and "what activity are you looking forward to the most?" Experience has taught us to advise parents to refrain from giving their camper the option to "come home if they are homesick" as this will often result in the camper "tapping out" at the first bump in the road.

If you are concerned that your child may miss home, please leave a "happy letter" with our staff when you check-in your camper(s) at the Check-In Station on Arrival Day or send a one-way email through Bunk1.

In case of homesickness, we empathize with the camper, help them understand that what they are feeling is normal and we keep them busy by encouraging participation in activities and building new friendships. A staff member will keep an extra close eye on your camper, making sure they eat, look after personal hygiene, and keep busy and involved. Our healthcare team knows how to see the signs of homesickness and how to handle the camper's needs appropriately.

INSECTS

Mosquitoes, black flies, and other insects are part of life in the outdoors at Camp. Please make sure that your camper has enough bug repellent packed for their length of stay. Bugs are attracted to dark coloured clothing, and perfumes. Please pack light coloured clothing and non-perfumed toiletry items for your camper's comfort.

LAUNDRY

Laundry service is available once a week for campers staying for 2 or more consecutive weeks of camp, at the additional fee noted in the registration process. Clothing is sent out, washed, dried, folded and returned later that same day or early the next. A laundry bag will be loaned to campers for laundry service. To avoid disappointment, please do not send any clothing that will not stand up to commercial laundering or which requires delicate care.

LOST & FOUND

With their schedules filled with friends and fun, campers misplace things and sometimes leave things behind. Lost and found can be a full-time job at Camp Kwasind. While we cannot prevent children from sharing their belongings, we do try to get as many items as possible back to the rightful camper. Clearly labeled personal items make this job infinitely easier. Labeled clothing is easily returned to the appropriate campers. At the end of each week, clothing is put on display near the Tuck Shop in a last effort to unite campers with their belongings. Families are encouraged to check the lost and found before departure. Socks and underwear will be thrown away, but otherwise at the end of camp we make every effort to contact families and make arrangements for returning lost and found items, **with Canada Post shipping costs charged to the families.** Items that are **not claimed within 7 days of your camper's departure will be donated to a charitable organization.**

MEDICATION

Please have all your camper's medications easily accessible and ready to check-in with our "Club Med" Healthcare Staff upon arrival. Ensure all medications are packed in a sealed, transparent bag, and remain in their original packaging. All medications must be clearly labelled with your camper's name, and dosage instructions. Prescription or over the counter medications not in original packaging **WILL NOT BE DISPENSED.** If families arrive with unlabeled medication, we will work with you for a new prescription which can be filled in the town of Bracebridge, or delivered to Camp. If the medication in question is an over-the-counter medication, a new package may be purchased in town and returned to Club Med healthcare staff for dispensation.

NUT SAFE & SENSITIVE POLICY

Camp Kwasind is a Peanut & Nut Safe & Sensitive facility. Year round, we welcome people with life threatening nut and peanut allergies. In no way do we wish to compromise their safety during their stay at Camp Kwasind. Our Chef has created our menus with this policy in mind. We ask all Campers to please refrain from bringing any food/snacks to camp for this reason. Any camper found to be in the possession of any personal food item(s) will have the item(s) confiscated immediately and the item(s) will be permanently removed from camp. Camp Kwasind assumes no responsibility for reimbursing the cost of any confiscated food item(s) or other items like lotions that contain nut products. Please **DO NOT** send any food products with or to your camper.

PERSONAL PROPERTY

At Camp Kwasind, we promote and pride ourselves on building and maintaining a trusting, safe environment. Despite our best efforts, there are times when belongings are forgotten, lost, or misplaced. Campers must understand that they are responsible for knowing where their belongings and personal property are. Camp Kwasind is not responsible for any lost or stolen property at camp. It is up to the campers and parents to have all items (not just clothing) brought to camp clearly labeled with the camper's name.

PICK UP AUTHORIZATION

Written authorization is required from parents or guardians who are arranging travel for campers. Please indicate the first and last names of any/all people who are authorized to pick up your camper from Camp Kwasind when you drop off your child, or note it on your registration form, or by email to the Camp Office Manager register@kwasind.com

For the safety of your child, **EVERYONE** (including parents) may be required to present a photo ID when signing out campers. We appreciate your co-operation with this matter.

PROMOTIONAL PICTURES/VIDEOS

Many photos and videos are taken every day at Camp Kwasind to use for commemorative albums and videos, website, brochures, and camp archives. If for any reason you wish your child not to appear in these pictures or videos, please notify the Camp Office Manager in writing by emailing register@kwasind.com prior to your camper's arrival as a double check in our system to ensure it gets passed along to our video/photography team. This also applies to any photos loaded onto bunk1 and video clips added to our session videos. Please be aware that campers will bring their own cameras to photograph their time at camp, and Camp Kwasind has no control over how these pictures will be used.

SMOKING/DRUGS/ALCOHOL/CONTROLLED SUBSTANCES

There shall be no smoking, no vaping, no use of smokeless tobacco, no cannabis, and no drinking of alcoholic beverages at Camp Kwasind, this includes parents on pick up and drop off days. Please respect our smoke/vape free policy. There will be no use of or involvement with cannabis, narcotics, controlled substances, or any accompanying drug equipment. Use of any of these substances will result in the camper being sent home. NO refund will be provided. Abuse of prescription or non-prescription drugs will result in similar disciplinary action.

SUN PROTECTION

Our staff is vigilant about encouraging campers to wear a hat, wear loose fitting and light coloured clothing, and to apply and re-apply sunscreen regularly. For your camper's health and safety, please discuss the importance of remembering sunscreen and wearing hats and protective clothing before camp.

SWIMMING CHECKS

For safety reasons, each camper's swimming ability will be assessed at the beginning of each session. This is not a "Pass or Fail" test – it is an assessment to ascertain the swimming ability of each camper in accordance with the Ontario Camps Association (OCA) safety standards. To keep swimmer safety our top priority, depending on each individual assessment, campers may be required to wear a Personal Flotation Device (PFD) while at the waterfront. ALL swimmers (camper and staff) regardless of ability must wear a PFD when playing on the inflatable water toys, swimming outside the marked lanes or out-tripping.

TELEPHONE CALLS

We do not accept phone calls to campers. Instead, you should speak to the Camp Director, Camp Office Manager or Head of Logistics regarding your child. If there is a family emergency, please contact the office regarding the urgency. Only in rare circumstances will campers be permitted to make calls home.

THEME EACH WEEK

Camp Kwasind loves to create memorable theme experiences each week. This is a great chance for staff and campers to get dressed up considering the different themes. There will be games aligned to the theme and characters that will emerge to tell the storyline throughout the entire week. We use the theme to create fun spaces at camp, memorable challenges & games as well as just for some good laughs!

THINGS TO LEAVE AT HOME

Camp Kwasind cannot be responsible for lost, stolen, or damaged items. Any personal valuables should not be brought to camp. If something of value or personal electronics (including iPads and cell phones) are brought to camp, they will be confiscated and held in the office until departure day. If you are not certain whether something is permitted, please contact the Camp Office Manager, or stay on the safe side and leave the item at home. See the Camper Packing List for more information about packing for camp.

TUCK SHOP (CAMP STORE)

Tuck is an old English word meaning delicious food or treat. It has been a part of the camping community for as long as there have been camps! Our camp shop, which is called Tuck Shop, is stocked with candy, chips, chocolate, t-shirts, hoodies, water bottles, and frozen treats.

Campers have opportunities after lunch to enjoy some of their favourite treats (chips, chocolate, candy, pop, etc.) with a limit of three items per day, Monday through Friday. It is \$8-10 a day if campers get three items, so we recommend \$50 in tuck account if they want it each day. The remaining tuck money (balance in your online account) at the end of the week will be refunded back to your credit card at the end of the week.

PACKING FOR CAMP

PACKING TIPS

All Camper clothing and equipment should be clearly labelled with camper's first and last names. To avoid the disappointment of returning home without a favourite (and costly) shirt or pair of jeans, we strongly recommend that you leave those clothing items at home, and pack clothing that can get a little dirty! When packing, please keep in mind the following:

- Keep packing as simple as possible. Try not to over pack
- When getting sleeping bags out of storage, if you put them in a clothes dryer on high heat for 30 minutes, it will kill any bugs or eggs that may have made a home there over the winter months.
- Parents, please pack WITH your camper. This helps reduce lost and found items because your child can recognize what was packed, and it also helps to prepare your camper for the camp experience.
- Make sure your camper's name is on all items. Unclaimed items left behind will be donated to charity after summer.
- Luggage is stored under the bunk beds, which means space is limited. Soft-sided suitcases and duffel bags work best.
- Sleeping bags can double as a blanket when unzipped! This makes it easier for everyone to be ready for camp-out!
- Place toiletries in a plastic bag or kit that makes it easy to travel to the showers. This also reduces the chance of spilling.
- LIT, LEAP & EXPLORER campers, please remember to pack a backpack and Dry-Bag for out-trip.

WHAT TO PACK FOR REGULAR KIDS CAMP

- | | |
|--|--|
| ✓ sleeping bag & pillow | ✓ clothes for all types of weather – pants, shorts, hoodie, t-shirts, etc. |
| ✓ pajamas | ✓ raincoat, rain pants, umbrella |
| ✓ socks & underclothing for each day of camp | ✓ Bible (if you have one) |
| ✓ running shoes (closed toed) & sandals | ✓ toothbrush, toothpaste |
| ✓ hat with a brim | ✓ brush/comb |
| ✓ water bottle with your name on it | ✓ soap & shampoo/conditioner |
| ✓ sunscreen | ✓ beach towel & face cloth |
| ✓ bug spray | ✓ Appropriate bathing suits |
| ✓ lightweight jacket | ✓ Costume or items that may go well with the theme of the week |
| ✓ rubber boots | ✓ optional: camera, stuffed animal, etc. |
| ✓ flashlight | |

****Please remember when packing this is camp.**

You are going to play hard, have fun and get dirty, so pack appropriate clothes**

WHAT NOT TO PACK

- electronic toys or handheld electronic games
- cell phones
- portable music devices
- jewelry
- money
- pocketknives or other weapons
- peanut or nut products (be sensitive as other campers with serious food allergies)
- alcohol, tobacco, marijuana (all forms) and illegal drugs

Camp Kwasind is not responsible for lost, stolen or damaged, or left behind items

TYPICAL DAY AT CAMP KWASIND

7:30	Wake Up & Optional Morning Dip
8:00	Breakfast
9:00	Cabin Clean up
9:15	Chapel
10:15	Elective 1
11:20	Elective 2
12:30	Lunch
1:30	Cabin Devo
2:00	Afternoon Extravaganza / Tuck Shop
4:00	Special Game
4:45	Cabin / Community Time
5:30	Dinner
6:30	All Camp Game Time
7:30	Vespers
8:00	Snack
8:15	Campfire
9:15	Primetime (older campers) or Bedtime (younger campers)
10:30	All Camp Lights Out